

PLANNING
2018/2019

YOUR ONLY LIMIT
IS YOU.

LUNEDÌ

SALA 1	SALA 2	SALA 3	PISCINA
			8:30 ACQUA FITNESS MONICA
9:30 - 10:30 CORPO LIBERO SONIA			9:30 ACQUA TONE ALTA MONICA
10:30 - 11:20 PILATES SONIA	10:15 - 11:00 CROSS RYL EMANU	10:00 SPINNING STEFANO	10:20 FUNCTIONAL WATER MONICA
11:20 - 12:10 PILATES A. SONIA	11:00 - 11:45 TRX EMANU		11:15 CIRCUIT TREKKING MONICA
			12:00 JUMP & BIKE MONICA
14:00 - 15:00 CORPO LIBERO ANNITA		14:00 - 14:50 WALK ZONE VALERIA	14:00 CIRCUIT WATER DIEGO
16:45 - 17:30 YOGA PAOLO			
17:30 - 18:15 AERO-TONE SUELA	17:00 - 17:45 TRX EMANU		
18:15 - 19:00 PILATES SUELA	19:00 - 19:45 TNT ALDO	18:30 - 19:15 WALK ZONE EMILIA	19:00 FUNCTIONAL WATER MONICA
19:00 - 19:45 CARDIO DANCE LORENZO	20:00 - 20:45 CROSS RYL CARLO	19:15 - 20:00 WALK ZONE EMILIA	19:45 CIRCUIT WATER MONICA
19:45 - 20:30 FUNCTIONAL GYM LORENZO		20:15 SPINNING EMILIA	20:30 ACQUA FITNESS GERMANA
20:30 - 21:00 STRETCH LORENZO			21:15 HYDRO BIKE GERMANA

MARTEDÌ

SALA 1	SALA 2	SALA 3	PISCINA
9:30 - 10:30 TOTAL PUMP MONICA		9:30 - 10:20 WALK ZONE RAFFAELE	9:30 ACQUA FITNESS ALESSANDRA
10:45 - 11:30 STRETCH MONICA		10:30 - 11:20 WALK ZONE RAFFAELE	10:15 ACQUA TONE ALTA ALESSANDRA
11:30 - 12:15 STRETCH MONICA			11:00 CIRCUIT WATER ALESSANDRA
			12:00 HYDRO BIKE ANNALISA
14:00 - 15:00 TOTAL PUMP ANTONIO		14:00 SPINNING STEFANO	14:00 HYDRO BIKE ANNALISA
17:30 - 18:15 TOTAL PUMP VALERIA			
18:15 - 19:00 FUNCTIONAL GYM VALERIA	18:30 - 19:15 CROSS RYL MONICA		19:00 ACQUA FITNESS GERMANA
19:00 - 20:00 PILATES EMANU	19:15 - 20:00 TRX MONICA	19:30 SPINNING EMILIA	19:45 HYDRO BIKE GERMANA
20:00 - 20:45 TOTAL PUMP EMANU			20:30 CIRCUIT TREKKING GERMANA

MERCOLEDÌ

SALA 1	SALA 2	SALA 3	PISCINA
9:30 - 10:30 STEP&TONE SONIA			9:30 ACQUA TONE ALTA MONICA
10:30 - 11:20 PILATES A. SONIA	10:15 - 11:00 CROSS RYL EMANU		10:20 ACQUA FITNESS MONICA
11:20 - 12:10 PILATES SONIA	11:00 - 11:45 TRX EMANU		11:15 B.T.J. DIEGO
			12:00 HYDRO BIKE DIEGO
14:00 - 15:00 STEP&TONE ANNITA			14:00 ACQUA FITNESS DIEGO
17:00 - 17:45 STRETCH ANTONIO			
17:45 - 18:30 PILATES SUELA	17:00 - 17:45 CROSS RYL EMANU		
18:30 - 19:15 DANCE & TONE GIGI	19:00 - 19:45 TNT ALDO	18:30 - 19:15 WALK ZONE EMILIA	19:00 ACQUA KOMBAT MONICA
19:15 - 19:45 G.A.G. GIGI	20:00 - 20:45 CROSS RYL MAURIZIO	19:15 - 20:00 WALK ZONE EMILIA	19:45 CIRCUIT TREKKING MONICA
19:45 - 20:30 STEP GIGI		20:15 SPINNING ENZO	20:30 ACQUA FITNESS ANNA
20:30 - 21:00 STRETCH GIGI			21:15 HYDRO BIKE ANNA

GIOVEDÌ

SALA 1	SALA 2	SALA 3	PISCINA
			8:30 ACQUA FITNESS ALESSANDRA
9:30 - 10:30 FUNCTIONAL GYM MONICA		9:30 - 10:20 WALK ZONE RAFFAELE	9:30 ACQUA TONE ALTA ALESSANDRA
10:30 - 11:30 TOTAL PUMP MONICA		10:30 - 11:20 WALK ZONE RAFFAELE	10:15 ACQUA FITNESS ALESSANDRA
11:45 - 12:30 STRETCH MONICA			11:00 TREKKING & BIKE ALESSANDRA
			12:00 CIRCUIT WATER ANNALISA
14:00 - 15:00 FIT BOXE ANTONIO		14:00 SPINNING STEFANO	14:00 JUMP & TREKKING ANNALISA
17:30 - 18:15 FUNCTIONAL GYM VALERIA			
18:15 - 19:00 TOTAL PUMP VALERIA	18:30 - 19:15 CROSS RYL MONICA		19:00 ACQUA FITNESS ANNA
19:00 - 20:00 PILATES EMANU	19:15 - 20:00 TRX MONICA	19:30 SPINNING EMILIA	19:45 HYDRO BIKE ANNA
20:00 - 20:45 TOTAL PUMP EMANU			20:30 CIRCUIT TREKKING ANNA

VENERDÌ

SALA 1	SALA 2	SALA 3	PISCINA
9:30 - 10:30 TOTAL PUMP ANTO			9:30 ACQUA TONE ALTA MONICA
10:30 - 11:20 YOGA SONIA	10:15 - 11:00 CROSS RYL EMANU	10:00 SPINNING STEFANO	10:20 ACQUA KOMBAT MONICA
11:20 - 12:10 YOGA SONIA	11:00 - 11:45 TRX EMANU		11:15 ACQUA FITNESS MONICA
14:00 - 15:00 TOTAL PUMP ANNITA			14:00 CIRCUIT WATER DIEGO
17:00 - 17:45 TOTAL PUMP SUELA			
17:45 - 18:30 PILATES SUELA	17:00 - 17:45 TRX EMANU		
18:30 - 19:15 STEP MAX			19:00 ACQUA FITNESS MONICA
19:15 - 19:45 G.A.G. MAX		19:00 - 19:45 WALK ZONE VALERIA	19:45 ACQUA KOMBAT MONICA
19:45 - 20:30 FIT BOXE MAX		20:00 SPINNING ENZO	
20:30 - 21:00 STRETCH MAX			

SABATO

SALA 1	SALA 2	SALA 3	PISCINA
	10:00 - 10:45 CROSS RYL EMANU		
	11:00 - 11:45 TRX EMANU		11:15 HYDROBIKE
		12:00 SPINNING EMILIA	12:00 ACQUA FITNESS
		14:00 - 14:50 WALK ZONE EMILIA	14:00 WALK TREKKING

NOTE

- I corsi durante l'anno potranno subire modifiche rispetto all'orario, alla tipologia e agli istruttori.

- **SPINNING** attività **non** inclusa all'interno degli abbonamenti. Prenotazione obbligatoria.

- Corsi a prenotazione:

- WALK ZONE
- TRX
- CROSS RYL
- HYDROBIKE
- WALK TREKKING